THE Lions' Pride
OF SAINT LEO UNIVERSITY

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A day of remembrance, a day of service

BY JENNIFER ORTIZ
Lions' Pride Staff Writer

President John F. Kennedy once said, "Ask not what your country can do for you, but what you can do for your country." True to that testament, the United States holds a record number of more than 23 *million* veterans and those in active duty services (as of the year 2008) who have selflessly answered that call to duty.

On Wednesday, November 11, 2009, Saint Leo University held a particularly beautiful poignant ceremony to honor the veterans, those who once wore the uniforms and those who wear them to this day. The Voices of Christ, Saint Leo University's choir, sang songs like *God Bless America*, the *National Anthem*, and *The Star Spangled Banner* successfully rousing that old Americana pride within the crowd.

"It was a good acknowledgement of those who serve day-to-day and those who are overlooked: the firefighters, police officers, and especially soldier," said Jamal Safieddine, a freshman commuter. His own grandfather served in the Korean War.

Besides the choir, the presence of the ROTC was most prominent in the ceremony. Members of the ROTC escorted the Parade of Colors, assisted in the veterans' acknowledgment, as well as the wreath presentation. A brief moment of silence followed in respect to those who have lost their lives in the line of duty.

The guest speaker, Major General John H. Little, shared heart-wrenching tales from his distinguished military career that spanned 32 years; it's safe to say there were no dry eyes in the audience. Robert Tester, of the Omega Delta Sigma fraternity for veterans on campus, followed after the General with "A Soldier's Prayer." The following is an excerpt from the prayer:

"My uniform is a symbol of duty
and valor
both in peace and in war.
I take up arms to defend what all
Americans hold dear:
life, liberty, and the pursuit of
happiness.
Grant me the strength to live
according to these ideals,
the courage of my convictions, and the
resolve to endure whatever dangers
threaten.
With you at our side I fear no evil
and resist every enemy,
secure in the knowledge
that you hold me in the palm of your
hand.
Amen."

The ceremony ended with a beautifully symbolic dove release, and with a few final words from Father Stephan: "Freedom is not free and indeed there is a cost …Help us to be worthy of their sacrifice."

Student's Take Part: Community Service Day

Veteran's Day was a day of remembrance and commemoration for all our soldiers who once served, as well as those still in service. On this day, the students of Saint Leo University were also asked to make a small contribution of time and effort to our surrounding community in Pasco County.

Immediately following the end of the Veteran's Day Ceremony, Community Service Day commenced. No longer toting their school bags full of books, the students instead appeared on campus in comfortable shorts and baggy shirts. Today, they were going to get down and dirty.

Sign-ups for volunteer sites began as early as 11:30 a.m. Sites like Sun Coast Harvest Food Bank, The Boys and Girls Club, and Habitat for Humanity were being offered off campus. Outlandish opportunities like cleaning out the cages at the local zoo were also offered. On

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Photograph by Jennifer Ortiz
Aerial view of the people from the Veteran's day ceremony waiting for the dove release.

Midnight Breakfast: a Saint Leo favorite returns

BY LINDSAY RENNER
Lions' Pride Staff Writer

Each semester around the time that finals commence and students begin to submerge themselves under what seems to be a never ending pile of work, the Saint Leo cafeteria offers a unique sort of study break.

Midnight Breakfast offers students a chance to escape from the work and get a quick yet nutritious meal in before returning back to the books, and helps give the student body a little fuel for the night.

Midnight Breakfast has been a once-a-semester Saint Leo tradition since 1998, when the cafeteria's General Manager Rich Vogel said the staff "thought about students that were staying up all night before final exams" and decided to create an event that would provide a little escape, as well as a chance to get more motivation for the night. The event is paid for by dining services, but is conducted by Student Government Union, who must serve the students and clean the facilities once it is all said and done.

This event is free to all Saint Leo students, regardless of whether or not they have a meal plan. Students who attend also receive a goody bag including items such as fresh fruit and granola bars to further help students through the night; however, if one wants to receive one of these bags, it is best to arrive early, as this is the dining hall's most popular event, serving upwards of 900 students in its 2-hour time frame.

Midnight Breakfast will be on December 7 at 10 p.m. Make sure to come early to fully appreciate this event and to get a good seat!

Opinions

She Said What???

Keep those eyelids open with a nice big cup a' joe

BY KATIE GAISER
Lions' Pride Layout Editor

Ladies and gents, it's that "I have to spend hours in the library tonight cramming a semesters worth of information into my brain while consuming 4 or more cups of coffee" time of year again; that's right, it's finals time!

This time of year is always very stressful and can really take a toll on a student's physical and mental state. A lot of students are pulling all-nighters and resorting to quick caffeine fixes to keep them conscious throughout the day. Yes, caffeine, a legal wonder drug that will keep you going till you can't go no more.

Caffeine is a natural stimulant that can be found in many common foods and beverages including chocolate, energy drinks, coffee, soft drinks, and tea. When consumed, this substance stimulates the heart and nervous system and gives a person an increased feeling of energy. Another way caffeine can also be used is to cure headaches. According to headaches.org, adding caffeine to common pain relievers including aspirin and acetaminophen not only helps the body absorb the medicine, but can also help relieve headaches up to 40 percent faster than medicines without it.

Now, caffeine isn't so bad after all, is it? Well, not everyone can agree. There has been much debate on whether or not these short-term, caffeinated solutions to obtaining boosts of energy are in fact effective and safe. Some people can go on and on all day complaining that caffeine is a dangerous substance and should not be used by college students. Believe me; I understand where you are coming from. Caffeine can become just as addictive as other drugs, and some students even depend on it to function. But, the key word here is "some" students.

People who depend too much on caffeine to stay awake are obviously abusing it. Caffeine is something to use in moderation, not all day, every day. It is one thing to depend on coffee or tea to get you through a night in the library studying. However, it is a completely different thing to have to depend on these beverages to feel regular and function normally. If you find yourself depending on any of the above mentioned food or beverages just to feel good, you may have a serious problem. Other than that, I don't see the harm in any of these beverages being consumed.

Caffeine is just like alcohol; do it in moderation. If you depend on alcohol to feel normal and consume it all day, every day, you are considered an alcoholic. The same should go for caffeine. If you depend on caffeine to feel normal and consume it all day, every day, you should be considered a caffeineaholic. The point is not to abuse either drug. Caffeine can be consumed in perfectly safe and healthy amounts and still do the job it's meant to do. Not everyone who uses caffeinated substances has a problem and deserves to be lectured about it.

I do believe that caffeinated substances work to increase a person's energy in a safe and efficient way, as long as the person consuming it has enough common sense to know when to stop. Sometimes, putting down the beer and getting more sleep actually works! The less tired you feel, the less you have to depend on caffeine to get you through. It's worth a non-caffeinated shot. And that's what she said.

He Said:

An apple a day keeps more than the doctor away

BY NICK BLIESNER
Special to the Lions' Pride

I know I do not need to remind any student of this, but exam time is rapidly approaching yet again! Oh, exam time: not anyone's favorite time of the year. However, it is a sign that the semester is almost at a close! We can finally get back to our families and enjoy the holidays and all the splendor that comes with them. But, I just have to get through those dreaded finals! But, how? For many years, students have invested numerous hours in to studying for written and oral examinations, or devoting effort to finishing research projects, papers, and/or presentations. Sometimes, it feels as if there is not enough time in the day to do all of this. Well, you're right; there isn't. So what's the next step? Take time out of the night to study and finish those projects! Who needs sleep? I'm going to study and finish strong. Unfortunately, most of us do this. I don't recommend sacrificing your sleep, but as this is an age-old college tradition, it's bound to happen. But, instead of chugging gallons upon gallons of caffeine to stay awake and focused, there are better, healthier alternatives.

In my opinion, who needs the caffeine, when I've got an apple! Yes, that's right, an apple. I'm sure most of us have heard the expression "an apple a day keeps the

APPLE CONT'D PAGE 4

Dear *Lions' Pride* editors,

Greetings from the frozen north! Here in northeast Indiana, we seldom get to enjoy a white Christmas. As I write this letter, we are anticipating an even rarer event: a white Thanksgiving. So much for global warming.

During the 2008 Focus the Nation seminars, I presented several skeptical arguments against man-made global warming theory to a classroom full of students, faculty, and administrators. Following my presentation, I attempted to take questions from the audience. After fielding a few questions, most of which were skeptical of my skeptical presentation, Saint Leo University Assistant Professor of Biology, Dr. Chris Miller, began answering the audience's questions for me. However, he did so with the aim of setting the record straight, ultimately attempting to reinforce the science upon which I had attempted to cast doubt. One of his gambits was to impugn the work of several climate experts whose skeptical opinions I had cited, among them Dr. William M. Gray, Emeritus Professor of Atmospheric Science at Colorado State University. The gist of Dr. Miller's argument against the experts I cited was that they were only offering opinions, rather than publishing peer-reviewed studies in respectable scientific journals. If skeptics had legitimate findings that put into question man-made global warming theory, where were the peer-reviewed journal articles?

As the recent release of private emails among scientists at the Hadley Climatic Research Unit at Britain's University of East Anglia show, perhaps there are few skeptical articles in climate science journals because skeptics had been systematically ousted from editorial positions. Even worse, it turns out that when the ouster of skeptics could not be achieved, journals with skeptical editors on staff were blacklisted by scientists pushing the idea of man-made global warming.

It is my hope that people, especially university students, continue to question the assumptions provided as fact by those who may be altering data to push a political agenda. The climate models that warned of runaway global warming have been proven incorrect by ten full years of global cooling. The CRU emails reveal a systematic attempt to hide that truth from the public. Too much is at stake for us to accept without question 'evidence' that comes from flawed computer models.

Dr. Miller had another argument against skeptics like me during the question and answer segment of my presentation. He said, "We only have one chance to get this right," meaning we only have one Earth, suggesting that the consequences of underestimating the threat of global warming trump unproven (and unpublished) skeptical arguments.

I would like to expand upon that sentiment: We only have one future, and that future should be based on sounds science driven not by any political agenda but on reality, fact, and empirically verifiable evidence. When computer models predict global warming but the actual data show global cooling, theories based on those flawed computer models are wrong, period.

Joshua M. Smith *Lions' Pride* Online Editor 2006-2009
Saint Leo University Class of 2009

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Quick tips on what to wear to Winter Formal

BY CHERALYN BARRINGTON
Lions' Pride Staff Writer

College students have busy schedules and often leave things to the last minute, including what to wear to winter formal.

As the semester unwinds, students are busy studying for exams and putting presentations together for their final grades. This time is so busy that it can cause people to forget to find an outfit to wear to Saint Leo's Winter Formal, which takes place on December 4 at the A La Carte Event Pavilion. Fear not, overwhelmed student, for there are quick and easy fixes.

First, a trip to the closet could be helpful. Ladies, look for dresses that could be spiced up with accessories to look formal. If a black cocktail dress is owned, pair that with heels and some shiny jewelry to give the illusion of something fancier. If a dress is not owned, find a skirt and top that go well together and dress them up with accessories. Spend more time on hair and make up to compensate for less formal dress.

Men should also take a trip to their closet and look for a button up shirt and a pair of pants that could be considered formal. When worn with a shirt and tie, even khakis can appear formal. Wear cologne especially for the occasion. It shows that effort was put forth.

In any case, if nothing can be found in the closet, friends are useful to have. Ask around to see if anyone has formal wear they would not mind lending out. If all else fails, a quick trip to *The Grove* could be useful. *The Grove* contains the discount stores *Ross* and *TJMaxx*, which sell formal shirts, slacks, ties, and dresses for cheap prices.

Christmas traditions: then and now

BY CHERALYN BARRINGTON
Lions' Pride Staff Writer

The holiday known to many as Christmas has existed in some form or another for 4,000 years.

The Christmas that much of America celebrates now has origins stemming from many different groups of people including the Mesopotamians, the Persians, Scandinavians, and ancient Greeks. Christmas celebrations were meant to welcome back the sun, bringing new crop growth. The Christ Child's exact day of birth has never been known, and in 137 AD the bishop of Rome decided to use December 25 as a day to celebrate Christ's birthday and have a solemn feast. Later on, Julius I, another bishop of Rome, chose to call December 25 Christmas (Holidays on the Net, 2009).

A popular Christmas tradition is that of Santa Claus. Children in America see Santa as a jolly, hefty man dressed in red who brings toys to the good on Christmas Eve. This tradition has a few origins, one of which was formed when Nicolas, a well-liked Turkish Bishop passed away. The anniversary of his death was called "Saint Nicolas Day." It was celebrated on December 6th, and good children woke to find gifts from this saint; bad children received nothing. A similar figure was established in Holland, and called Sinterklaas (History.com, 2008).

The image of modern day Santa was formulated in 1822 when an American man, Clement Clark Moore, wrote the poem *The Night Before Christmas,* in which a jolly man who rode around in a reindeer pulled sleigh went down children's chimneys bearing gifts. The name of this man was Santa Claus. Although Santa Claus's character traits were described, his physical appearance remained unclear. In 1863, that changed with the help of *Harper's Weekly* cartoonist, Thomas Nast. Nast depicted Santa Claus as a large, round man with a large white beard who carried a sack of toys. This image of Santa was adopted country wide and especially appealed to retailers because it linked Christmas with buying gifts and shopping (History.com, 2008).

A beautifully lighted and decorated evergreen tree has become known to Americans as a symbol representing Christmas. The tradition of decorating a tree to honor Christmas time has been around since ancient times. The evergreen tree has been a vital addition to many winter celebrations such as Pagan festivals where trees were used to honor their spirits and Gods. The Vikings in Northern Europe used the evergreen tree as a symbol to remind their people that the bitter cold attributed to winter would end and that greenery would soon return. At the Roman festival referred to as Saturnalia, which was held in December and honored the God Saturn, trees were decorated with candles and other décor. The Druids originating in France and England used fruits such as apples to bring color to their trees and represented the Garden of Eden. The apple tradition was carried on and that is where the idea to hang colored glass balls on trees originated from (Holidays on the Net, 2009.

Christmas trees were first seen indoors in Germany. Christians in Germany brought the trees inside their homes to decorate, and in some instances, if evergreen trees were scarce, they would build pyramid shaped trees out of wood and decorate those instead with candles and branches. When this tradition made its way to England, the royalty helped to popularize the tradition by decorating a tree in 1841 at Windsor Castle. The tree was decorated with candles, fruits, candies, and gingerbread. English folk decided to follow suit, and soon added a decorated tree to their homes too. More modern Christmas trees were decorated first with nuts, cookies, colored popcorn, and apples. In the early 20th century the invention of electricity brought the use of Christmas lights, which are now seen on most Christmas trees (Holidays on the Net, 2009). It is now very common to see lighted, beautiful trees in most places around the holiday season. Each year the Rockefeller Center in New York City displays a large, gorgeous, and overwhelming decorated tree for people to ice skate under. Further demonstrating this point, a decorated Christmas tree is displayed across Saint Leo's campus.

Another common Christmas symbol is the candy cane. The candy cane was first made as a decoration for Christmas trees. The shape of the candy can be attributed to the year 1670 when the choirmaster at Germany's Cologne Cathedral bent candy sticks into a shape resembling a shepherd's staff. The sticks were all-white at that point and were given out to children during especially long nativity services. Towards the year 1900, red stripes appeared on the canes, but nobody knows why. Candy makers added peppermint and wintergreen flavoring, thus, creating the traditional Christmastime favorite. Another idea that represents the candy cane is that the shape is meant to form a "J" for Jesus, the red and white stripes symbolize Christ's blood and purity, the Holy Trinity is symbolized by three stripes, and the candy's hardness represents the church's foundation. No historical evidence supports these thoughts, but they are a good analogy (Bellis, 2009).

REMEMBRANCE FROM PAGE 1

campus, students were recruited to help beautify the school.

From cleaning the lake front to helping the monks apply a fresh coat of paint to the monastery, the students had an over-abundance of options. The fact that freshmen were obligated to participate in the Community Service Day as part of the SLU 100 credit course, threw a small hitch into the day.

While an assortment of freshmen griped about being "made" to volunteer, they failed to realize that upperclassmen, who were not obligated to contribute, also populated the workforce that day. Every helping hand is a welcomed hand.

In a brilliant example of Saint Leo University's core values in action, Professor Jimmy Surin said, "I felt like we could have done more."

Tina Tedtaotao, a freshman concurred.

"I like to help. I would volunteer all the time if I had the chance, even if I have to do it by all myself," she said.

Saint Leo University continues to strive to build as sense of community outside the school grounds similar to that which can be found within our classrooms and on our close-knit campus.

Fall Leadership Conference offers students' insight

BY MARY F. CHUHINKO
Lions' Pride Staff Writer

On November 8, Saint Leo University hosted the Fall 2009 Student Government Union Leadership Conference. Check-in was from 11-12 Sunday morning. Due to a certain circumstances, the day's schedule had to be reconfigured, but everyone handled the inconvenience wonderfully with little to no trouble.

The Student Government Union Leadership Conference is a chance for members from all of the different campus organizations to come together and learn more information about leadership and community. Every year a special key-note speaker is invited to give a speech for the conference.

This year there was an extra treat added to the conference. Everyone present was required to participate in a workshop. There were five interesting workshops to choose from.

Workshop 1 was for presidents only. The workshop was a round table discussion for presidents talking about issues ranging from burn out, motivating their organization, what it means to be a servant leader, and an overall successful organization. The workshop was hosted by Jess O'Keefe, SGU president and Ms. Jen Garcia.

Workshop 2 was for communication and rules of order. This workshop was meant to help a person become a better parliamentarian for their organization. Learn the simple basics to Robert's Rules of Order and how to effectively manage their organization meetings. The workshop was hosted by Nick Bliesner, vice president of operations, and Collin Good, sophomore class president.

Workshop 3 was for creative programming, effective advertising, and optimal planning for their organization's events. This workshop was hosted by Ms. Jenniffer Duffey, vice president of activities and Anthony Rivera, freshman class vice president.

Workshop 4 was for finances and allocations. Learn the ins and outs of the allocation process and how best to receive money from the SGU for their programs. This workshop was hosted by Mr. Devaughn King, executive treasurer, and Samantha Crossett, junior class president.

Workshop 5 was for effective record keeping, organized minutes, and conflict management. This workshop was hosted by Mr. Mario Jones, executive treasurer.

Each workshop was very useful and helpful for each participant. The workshops were an hour and were followed by the keynote speaker, Kevin Prentiss. The speaker was a very enthusiastic and interesting person. He compared college to a dance floor. There are five different types of people. The neutral people who stand on the side lines not wanting to join in the dance to the people who are fives who want to be stuck right in the middle of the action.

Prentiss urges everyone to have fun, introduce yourself to new people, and introduce your new friends to other new friends. It's better to mix it up, let everyone be friends, and have fun. Everything will work out. Students who are involved are more likely to get better grades, graduate, and be satisfied with their college experience.

Prentiss next showed the Austrian youtube video for the "Free Club Campaign." It's important to break outside the norm and get outside your comfort zone. The important facts to remember from the presentation are to build your base clique of friends; be a Spatula and introduce other; run blender, parties that bring people together; and use your online tools. Facebook is an amazing tool to find information and bring people together.

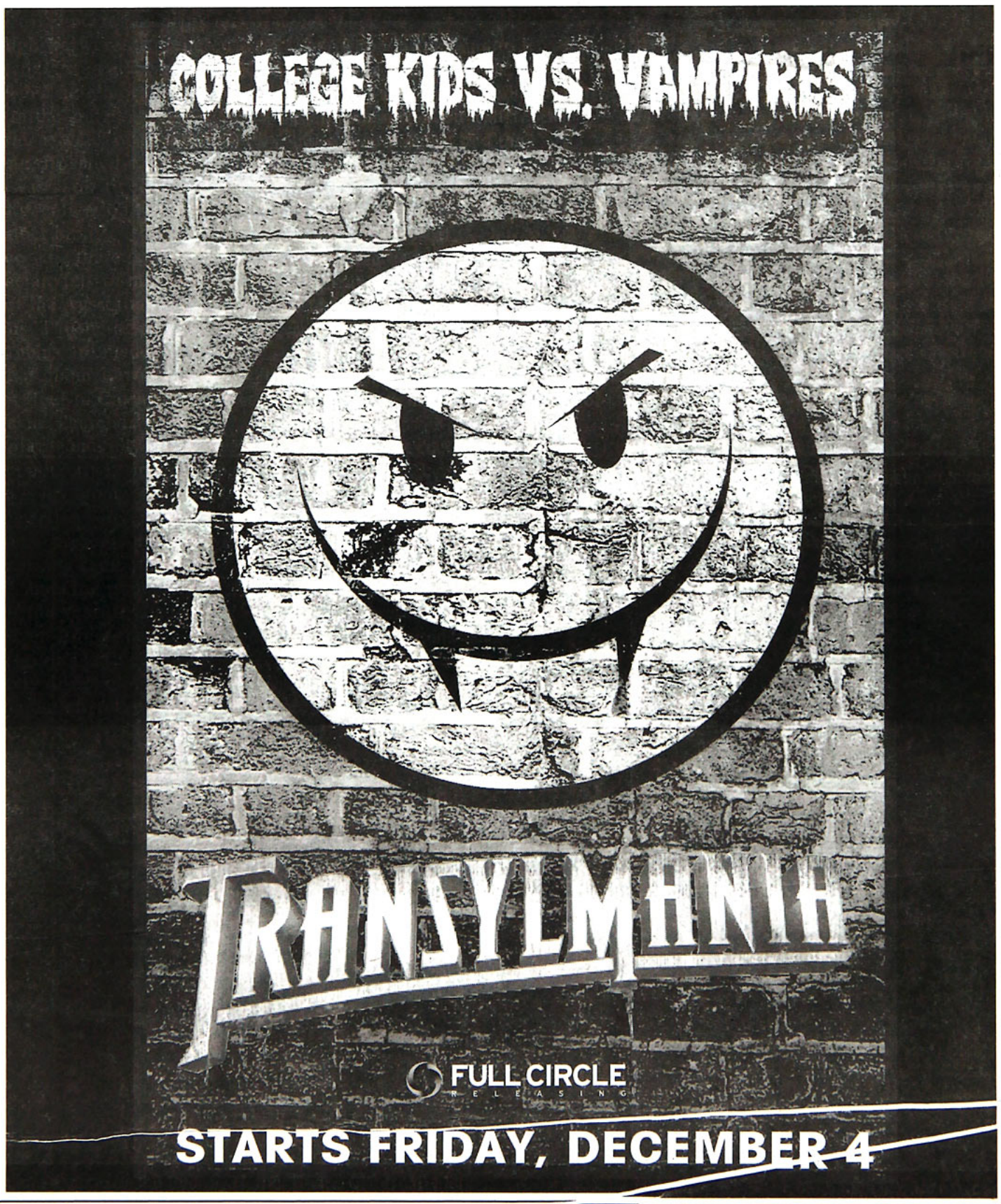
2009 Saint Leo Recital

Kasia Dolinska, director of the String Ensemble and instructor for private instruction in violin and viola, held the first strings studio recital for students registered for private lessons. Private instruction in strings, guitar, brass, and voice are offered every semester through the Department of English, Fine Arts, and Humanities. Left picture: Omar Gutierrez and Joseph Sears. Middle picture from left to right: Omar Gutierrez, Diana Parizon, Kyla Fernandez, Kizzye Kinte, Jessica Budin, Joseph Sears, and Kasia Dolinska. Right picture: Diana Parizon.

APPLE FROM PAGE 2

doctor away." Well, so much is true with this statement, but apples, along with many other healthy food choices, can help you stay alert and focused while studying for your exams. One of these alternatives is apples. Apples and other fruits contain natural sugars that help raise your blood sugar to levels that can keep you vigilant and awake. Of course, caffeine does the same thing artificially, but as with any drug (Yes, caffeine is a drug!), there is always the crash afterwards that causes you to be even more sleepy than when you started! Of course, if you've already eaten a big meal, the fruit will do nothing more to help you. My point is, instead of going for that cup of coffee or that 2 liter of Mountain Dew, try eating apples, grapes, bananas, or any other fruit that contains high levels of potassium or enzymes for the digestive track.

There are many good reasons for eating apples and fruit instead. First, too much caffeine can give you toxic poisoning or cause heart attacks if taken in high doses. Also, caffeine and other artificial stimulants cause many people to get the jitters and give them too much energy that they can't focus. Not to mention, the "alert" sensation that caffeine gives is only temporary as your body begins to break down anything that is not natural. The sugars found in apples will not only give you a natural stimulant, but will not give you the same side effects as caffeine does. Along with eating fruit and other natural sugars, pastas or other food rich in carbohydrates will give you natural energy to stay focused as well as keep you full longer, and not cause you to snack while you're studying. So think twice before grabbing that Monster or making that 2 a.m. Starbucks run. Grab an apple instead and stay focused the smart and healthy way!



Tales from down under: A final farewell

BY JORDAN COATES
Lions' Pride Staff Writer

When originally planning to study abroad, July to December seemed like such a long time to be away, but now that I have a mere few weeks left, I cannot believe how fast it went. After classes ended in the beginning of November, the days have raced by. Between studying for exams, travelling, and soaking up the sun, my time here is dwindling down.

October ended quickly after the excitement of Halloween. I didn't expect to celebrate Hallows Eve here, but it seems the Aussie's have caught on. The idea of "dressing up" is fun, and even "down under," there are so many places to celebrate.

Unlike the humorous or sexy costumes you most often see in the states, here they all follow the scary theme and dress as something dead. Not only this, but a few of the youngsters have caught on to the unexpected perks of trick or treating as they came knocking on our apartment doors.

Unfortunately, we were unprepared and all we could offer was leftover pizza and drink mix. Although we weren't prepared with candy, we celebrated Halloween here more than most of us do in the states.

After a week of costumes and partying, I needed a break. The break was short lived as it's a startling realization when November hits.

Knowing there is only a month left, the anxiety of making the most of the Australian experience happens. This being said, lots of travel plans are made. At the last minute, I planned trips to the Great Barrier Reef in Cairns and Bali, Indonesia. There are a million other places and adventures on my list, but not only is time running out, so is my money. Looks like my Australian souvenirs and Christmas presents might have to be one in the same this year.

It's amusing to be here at this time of the year. It is so strange and I even forget that Thanksgiving isn't celebrated! I am pretty disappointed to be missing out on turkey dinner, but I suppose relaxing on a beach in Bali is a pretty good alternative. Since this holiday doesn't exist here, Christmas has come quite quick. I never thought I'd pick up a magazine to see features on both Christmas treats and getting your best beach body in the same issue. Santa Claus must come with his swimming trunks on because the Australian summer heat is intense. The Florida sun doesn't even compare, and it's not even at peak heat yet! I'll have to work to get the best tan I can over the next several days though, because before I know it, I'll be packing my bags and headed back to winter in the states.

After having made Australia my home for the past few months, it seems strange to be leaving. It is exciting to be coming back to the states and to see friends and family, but it is almost heartbreaking to leave knowing I may never come back. I had no doubt I would enjoy my time "down under," but I underestimated how much I would love the land, the culture, the people, and the experience. I can only hope that one day I find my way back.

Although I am sad to leave, I can depart with a smile. I have gained so much in the educational realm, experienced a different culture first hand, had the opportunity to participate in a wildly different workplace environment, and learned a great deal about myself.

I have had so many fun times and travel adventures, made friendships from all over the world that are sure to last, made connections that will undoubtedly help me in the future, and have hands down had the experience of a lifetime.

I strongly recommend you all study abroad. I promise you won't regret it. This is the last of my tales from "down under." See you all back at Leo in January!

Aussie Lingo
Brekkie: breakfast
Fairy Floss: Cotton Candy
Mate: friend
Oz: Australia

Courtesy of Jordan Coates
Jordan and two other study abroad students on a night on a Halloween cruise on the Sydney Harbor.

Courtesy of Jordan Coates
Group of American study abroad students ready to celebrate a night of Halloween on the Sydney Harbor cruise.

Courtesy of Jordan Coates
Jordan and a friend on the Sydney Harbor Bridge Climb experience.

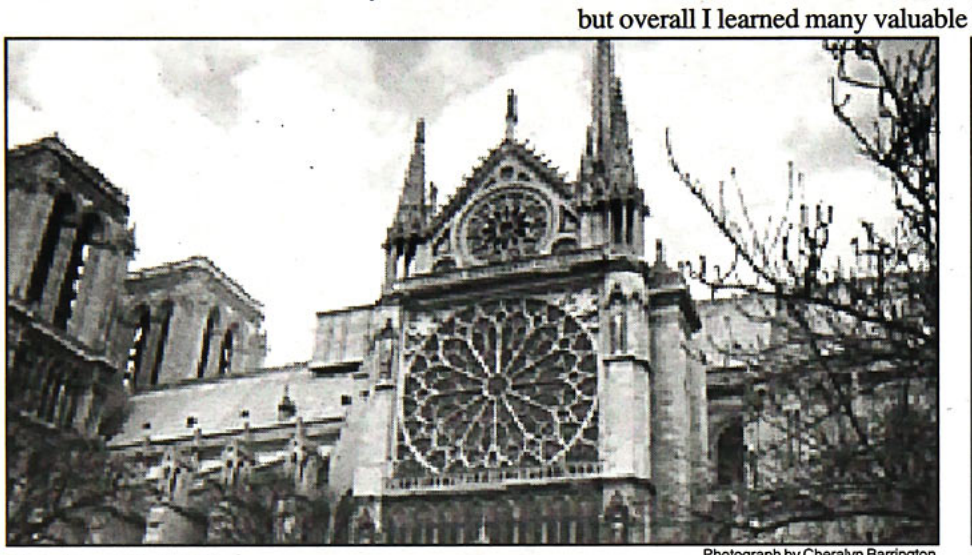
Courtesy of Jordan Coates
The group poses on the beach in front of a beautiful sunset.

My trip to Paris

By Cheralyn Barrington

Paris is a treat for the eyes, the mouth, and the soul.

The trip I took with Saint Leo over Thanksgiving break to Paris, France, was an experience I could never forget. In Paris I saw the most beautiful cathedrals, architecture, and artwork I could ever have dreamt about. The pastries are plentiful and delicious, particularly the strawberry tarts. Throughout my trip I visited Notre Dame, Pere La Chaise Cemetery, The Louvre, The Palace of Versailles, The Eiffel Tower, and The Orsay Museum. The good experiences were coupled with some bad, but overall I learned many valuable lessons about a different culture.



Photograph by Cheralyn Barrington

Outside of Notre Dame

Day One: To help our group adapt to the time difference, which is six hours ahead of Tampa's time, we were not allowed to sleep upon landing in Paris. Instead, we had a long walking tour and visited Notre Dame. Notre Dame is magnificent with embellishment carved in every square foot.

Photograph by Cheralyn Barrington

A beautiful tomb in Pere La Chaise Cemetery.

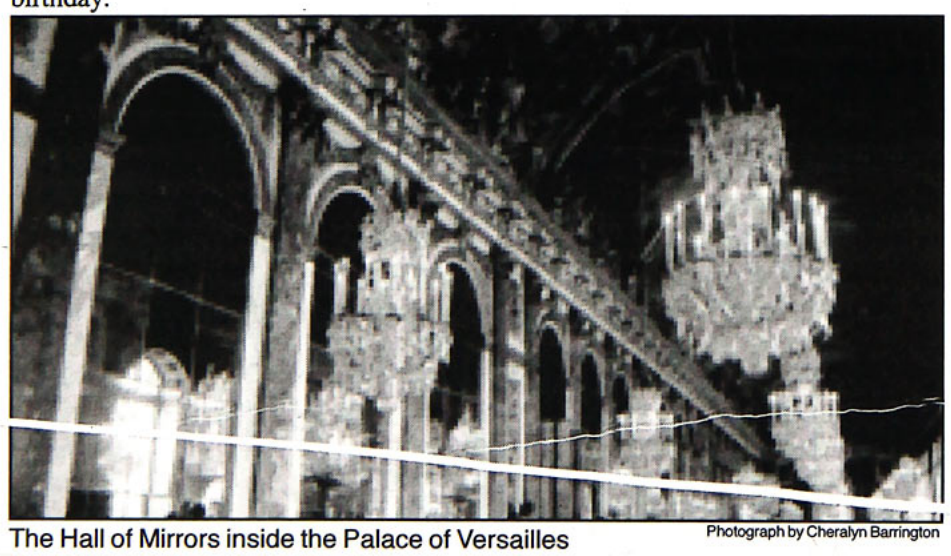
Day Two: We started off our day with a visit to the vast and gorgeous Pere La Chaise Cemetery.

The Cemetery is the resting place for over 70,000 people. Within the graveyard each plot has a decorative and ornate stone or crypt. Each grave stone is beautifully carved and shows the hard work put forth to make it. This is the Cemetery that holds such people as Georges Seurat and The Doors member Jim Morrison.

Day Three: Day three was a very packed day. The day started with a trip to the Beautiful Louvre Museum. The Museum has art pieces from many greats such as Da Vinci, Gericault, and Delacroix. I was blessed with the opportunity to view the famous Mona Lisa and the Venus de Milo. That night we visited the Eiffel Tower and I witnessed a beautiful light and music show in honor of the tower's birthday.

Photograph by Cheralyn Barrington

The Venus De Milo in The Louvre Museum



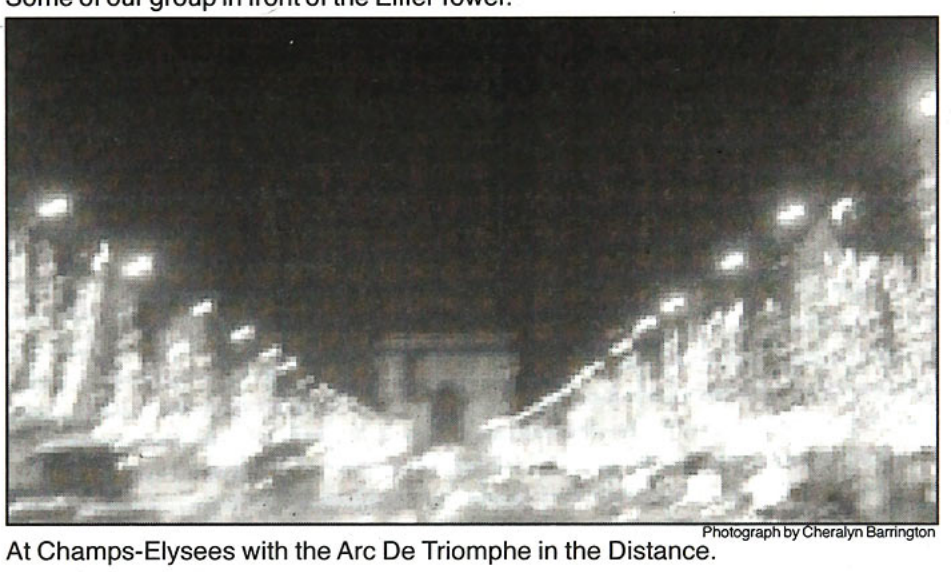
Photograph by Cheralyn Barrington

The Hall of Mirrors inside the Palace of Versailles

Day Four: On this day our group had a bus tour and went to visit the beautiful Palace of Versailles. The gardens of Versailles are vast and beautiful, and it seems like everything is encrusted in gold. The Hall of Mirrors within the palace is quite a sight because everything reflects onto something else .We stopped midday for a photo shoot of the Eiffel tower, and continued on to the Latin Quarter. In the evening we went on a river cruise on the Seine, which was lovely because it showed what all of the city looks like at night.

Photograph by Rick Bryant

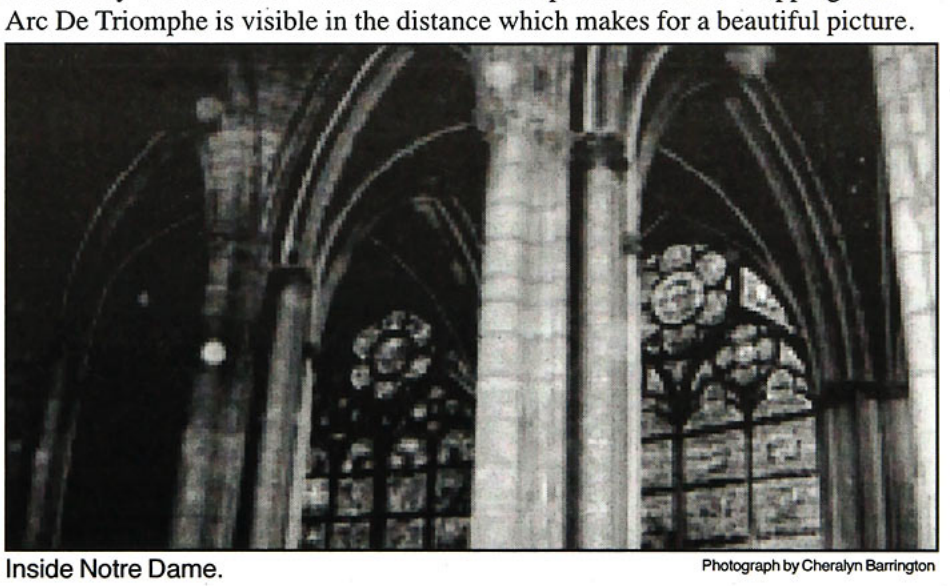
Some of our group in front of the Eiffel Tower.



Photograph by Cheralyn Barrington

At Champs-Elysees with the Arc De Triomphe in the Distance.

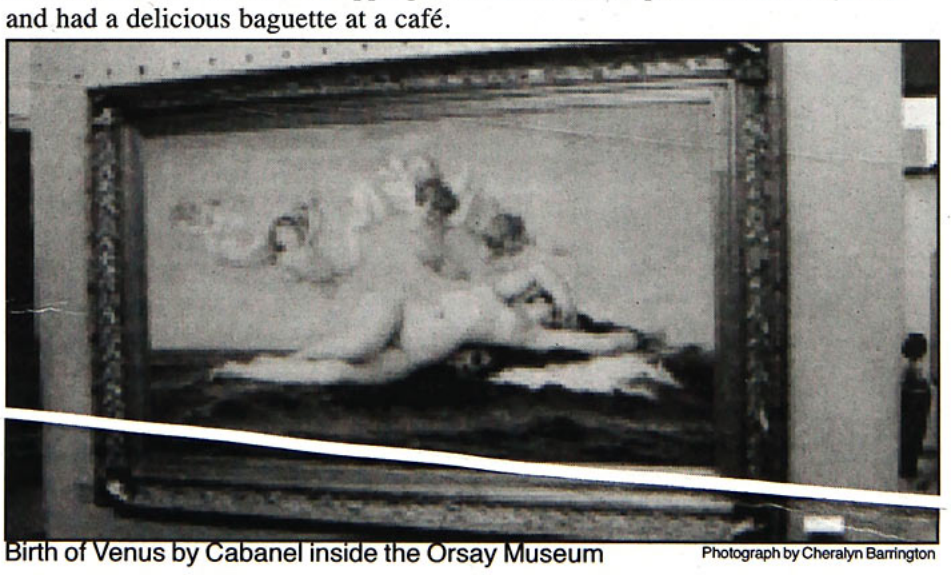
Day Five: This day was a relaxing day of shopping and exploring. We visited shops within the Latin Quarter including the famous Shakespeare and Company bookstore. The store is cozy and quaint, and gives off a comfortable vibe. There is a little corner of the store where there is a type writer that the shop's guests are allowed to use if inspiration strikes. I had a lot of fun with it and wrote myself a note for keepsake. In the evening we visited Champs-Elysees, which is beautifully decorated for Christmas and is set up for Christmas shopping. The Arc De Triomphe is visible in the distance which makes for a beautiful picture.



Photograph by Cheralyn Barrington

Inside Notre Dame.

Day Six: On day six I went back to Notre Dame to take more pictures of the architecture inside. I went shopping at some tourist shops in the Latin Quarter and had a delicious baguette at a café.



Photograph by Cheralyn Barrington

Birth of Venus by Cabanel inside the Orsay Museum

Day Seven: Unfortunately, I fell ill on this day and did not get to go out much, but I did briefly visit The Orsay Museum, which holds some beautiful artwork from such artists as Van Gogh, Manet and Courbet.

Arts & Entertainment

Guys and Dolls: the Musical review

BY ASHLEY STOLLINGS
Lions' Pride Staff Writer

Photograph provided by Amanda Cassar

Cast of *Guys and Dolls*

Singing, dancing, laughter and cheers filled the audience as they watched Saint Leo University's Drama Ministry performance of the Broadway musical "*Guys and Dolls*." The production was shown for three days in the Marmion Center where family, friends, and students came to support and enjoy a fabulous show.

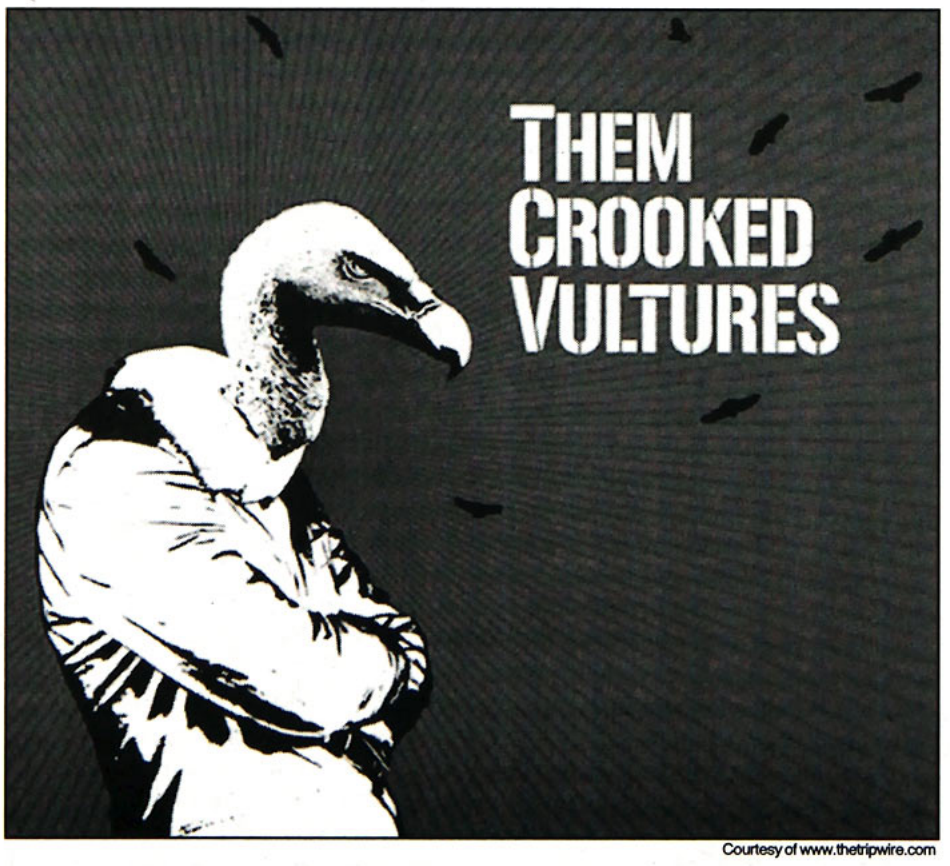
Guys and Dolls, directed by Melissa Hollis and choreographed by Adam Wethington, showcased a fantastic cast, which featured two freshmen for the lead roles, Nicole Natoli, who played Sarah Brown, and Rob Mraz, who played Nathan Detroit. The show also included returning actress Senior Anna Robinson, who played the role of Adelaide. And, newcomer to the university, Junior Augustin Jeremy Valdes, played the role of Sky Masterson.

The story of *Guys and Dolls* takes place in New York City where two stories evolve into one. Nathan Detroit, a well known gambler and host of a revolving craps game, holds off making a decision to finally get married to his fiancé of 14 years, Adelaide, but realizes later that marriage is the way. The other story is about Sarah Brown and Sky Masterson. Sarah Brown works for the Save a Soul Mission and is entirely devoted to her work of converting people from sin, while Sky Materson is a high stakes gambler who talks her into going to Cuba with him. In the end, they both realize their true feelings for each other and fall in love.

Many of the songs, such as *Adelaide's Lament*, *Marry the Man Today*, and *A Bushel and a Peck*, had sarcastic lyrics which made the audience laugh and cheer. The choreography was very well rehearsed, for the dancers were all aligned and knew the steps to the beats of the music. The set and stage decorations were cute and described every scene well, making the audience feel as if they were actually there on stage. The acting was also very believable, and at times I forgot that the actors were students. Overall, the show was excellent, and I would enjoy watching it again.

Them Crooked Vultures debut album is a smash hit

BY ANDREW LEVENGOOD
Lions' Pride Staff Writer



Courtesy of www.thetripwire.com

2009 has marked the emergence of some high profile super groups, but no band compares to *Them Crooked Vultures*. *Them Crooked Vultures* is made up of Queens of the Stone Age singer/guitarist Josh Homme, Nirvana drummer/Foo Fighters leader Dave Grohl, and Led Zeppelin bassist John Paul Jones (with additional support from Queens of the Stone Age guitarist Alain Johannes).

Their self-titled debut album premiered on November 17 accompanied by a surprise show in Los Angeles. Leading up to the release of their album, many wondered if they could provide a great new rock album or if they would be like other super groups, and be less than super. But, *Them Crooked Vultures* proves they are more than a super group; they are a real band without distractions and performing their music is their primary concern.

The album in itself is a rock masterpiece, featuring songs that could have fit in, in many different decades. The album starts off with *Nobody Loves Me and Neither Do I*, which features a magnificent drum intro by Grohl and a guitar riff reminiscent of Led Zeppelin's early days. The next songs are the album's two singles *New Fang* and *Mind Eraser No Chaser*. Both of these hard rocking tunes are dominated by Josh Homme's awesome vocals and distorted guitar.

Then, the album moves into two songs that sound as if they came off their artist's previous records. *Dead End Friends* would fit in on any Queens of the Stone Age album and *Elephants* has guitar riffs that resemble that of Jimmy Page's on early Led Zeppelin records. The album's strongest point is *Scumbag Blues*, featuring Josh Homme's vocals, which are almost identical to Jack Bruce of Cream and an amazing keyboard freak out by Jones.

Homme then dives into a mind blowing Jim Morrison vocal style in *Bandoliers* and *Caligulove*. The band delves into a creepy Pink Floyd like acid rock in *Interludes with Ludes* and *Reptiles*. *Warsaw or the First Breath You Take After You Give Up* features an amazing guitar solo from Josh Homme with awesome support from the most famed bassist in rock John Paul Jones. Homme goes into a psychedelic guitar solo in the Zeppelin like *Gunman*, which is one of the most powerful moments on the album.

Spinning in Daffodils is one of the weirdest songs on the album, featuring a beautiful piano intro that's interrupted by a droning distorted guitar and a group chant to end the album. Overall, this album could quite possibly be one of the greatest this decade, not only does it provide star power but it also has the sound of a band out of the 1960's with a new sleek edge. The raw power of *Them Crooked Vultures* will surely propel their amazing album to the top of the charts and set them up for much success in the future. This album has a song for just about everyone. there is no doubt that this is the best album so far this year, from any genre.

Sports

Men's and Women's swimming sweeps Florida A&M University

BY JACOB STOUT
Lions' Pride Sports Writer

Saint Leo men's and women's swim teams both swept the visiting Rattlers of Florida A&M University on Saturday November 14 in Saint Leo, Florida. The Lions won every one of the 20 events, scoring a total of 94 points to the Rattlers 32 points.

Juniors Alisha Adams, Jessica Pall, Alicia Thompson, and freshman Sarah Earls got things started for the women's team by taking first in the 400 yard medley relay with a time of 4:24.23. This time was more than four seconds faster than their teammates in second place, sophomores Alison Cary and Mary Strand, along with junior Mindy Pierce and senior Erin Hotchkiss who finished ahead of A&M in a time of 4:28.71

In the third event of the day, the 200 yard freestyle, Pall got her first of two individual wins in the meet by narrowly beating teammate Alicia Thompson with a time of 2:06.44. With a time of 59.11, Pall also took first in the 100 yard freestyle beating out junior teammate, Liz Casey, by just over two seconds.

Junior Melinda Pierce matched Pall with two of her own victories in the meet. Pierce took first in the 400 yard IM (Individual Medley) with a time of 5:02.13 which was 6.3 seconds faster than teammate Alisha Adams who finished in second place. Pierce also finished first in the 500 yard freestyle beating senior teammate Erin Lucas and sophomore Jasmine Leslie of Florida A&M.

Adams, Earls, Hotchkiss, and Lucas also had individual wins while Cary had a strong showing in the 400 yard freestyle relay helping her team to another relay victory to close out the day for the women.

On the men's side, the Lions started just as strong as the women taking the first event, the 400 yard medley relay. Juniors Thomas Rey and Tim Olson, along with freshman Brian Knudson and senior Kyle Gramm finished in a time of 3:54.89, more than ten seconds ahead of their teammates in second place.

The men's team had three swimmers win two events each. Freshman Eric Singer took first in the 200 yard and 500 yard freestyle races with times of 1:56.36 and 5:22.67 respectively. Senior Brian Kiessling took the honors in the 50 yard freestyle with a time of 24.01 and in the 200 yard butterfly with a time of 2:14.99. Junior Tim Olson finished first in the 400 yard IM with a time of 4:18.75 and the 200 yard backstroke with a time of 2:07.13.

Olson's performance in the 400 yard IM was good enough to break the school record. Olson's teammate, junior Matt Attal, held the previous record at 4:28.18 which was set in 2008.

Erin Hotchkiss
Courtesy of Mike Carlson

Junior Derek Maddigan and senior Kyle Gramm also came up with first place finishes for the Lions in the 200 yard breaststroke and the 100 yard freestyle. The Lions rounded out the meet with a convincing win in the final event of the day, the 400 yard freestyle relay. Gramm, Knudson, Rey and freshman Dylan Walters took first place with a time of 3:33.51.

Saint Leo competed at the Sarasota YMCA Tom Herrington Invitational on November 20-22. On the women's side, Erin Hotchkiss won both the 100 and 200 fly while Alisha Adams placed 2nd in the 50, 100, and 200 back. Teammate Alicia Thompson also had a good meet placing in the top three spots in the 50, 100, and 200 free and the 50 fly. The men's team took a number of first places starting with Kyle Gramm winning the 100 free, following with Derek Maddigan taking the 50, 100, and 200 breast, concluding with Timothy Olson capturing the 200 fly and 200 back.

The Lions will continue training until their next meet, which they will play host to Pfeiffer University on New Year's Day.

Lions' volleyball falls to South Region Championship heartbreaker against Tampa Spartans

BY MINDY PIERCE & JESSICA PALL
Lions' Pride Sports Editors

After the Lions had captured two wins in the first and second round playoffs of the NCAA Volleyball Tournament against the University of North Alabama and University of West Florida, Saint Leo had one more match against University of Tampa to go on to be in the elite eight up in St. Paul, Minnesota.

Sharing a conference title with the Spartans, the first in SSC Championship in SLU Volleyball history, the Lions with high hopes set out to win the South Region Championship.

For the Lions, the first match began with a 3 pt lead, 9-6, against the Spartans. Quickly after Tampa was trailing behind, they caught up to lead with an 8-3 run and saw the scoreboard to be 23-18. Tampa's Kaleigh Cunningham finished off the match as the Spartans captured the first round to end at 25-23.

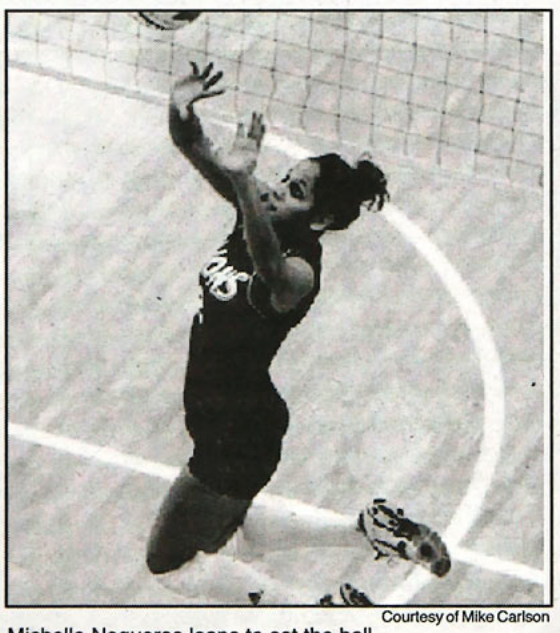
The second set quickly held a huge gap with Tampa leading the game by 23-15, but the Lions refused to give up and went on a 5-1 point lead, ending the second game at 25-20.

The third set was the last chance the Lions had to have a shot to win this fight against the Spartans. Unfortunately for the Lions, Tampa led the set from the very beginning, and they proved to win the third game by 25-19.

Junior Bruna Rocha led the way for kills finishing the night with a total of 12 while teammates Kaitlin Mckenna and Emily Calderon-Reyes both had 9 kills against the Tampa Spartans.

Senior Michelle Nogueras finished her last game of her collegiate career with 35 assists while fellow teammate Chelsea Armer finished her final senior game with three service aces.

With no hesitation, the Lions fought a hard battle in all three sets, but came up short on each one of them.


Courtesy of Mike Carlson
Michelle Nogueras leaps to set the ball.

While this game was the end to the Lions' season, the Lions had a fantastic season and the following Saint Leo players were named on the 2009 NCAA South Regional All-Tournament Team:

Emily Calderon-Reyes
Kaitlin McKenna
Michelle Nogueras
Bruna Rocha

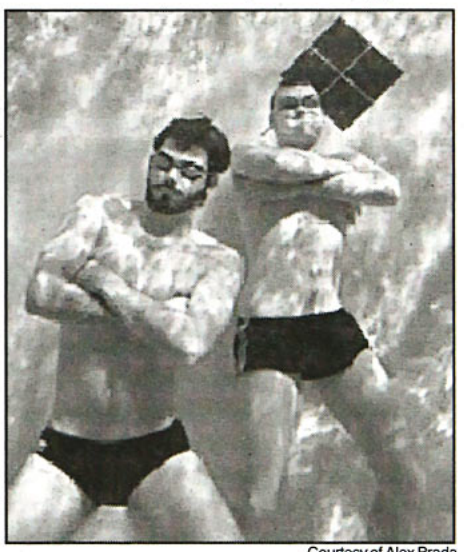
Additionaly, four players were also nominated to the Daktronics All-South Region Volleyball Team.

First Team
Kaitlin McKenna
Second Team
Michelle Nogueras
Bruna Rocha
Danielle Bletso

Further, individual honors have included an AVCA National Player of the Week, CoSIDA All-Distrtict Team, Daktronics All-Region Team, a Conference Coach of the Year, five All-Conference Team honors and AVCA All-Region awards.

Overall, the Saint Leo Lions Volleyball team had an outstanding season, proving to be the best in their program history as the Lions, 30-4, shared the Sunshine State Conference Title with rival, the Tampa Spartans.

Senior Spotlight


Courtesy of Alex Prada

BY JESSICA PALL & MINDY PIERCE
Lions' Pride Sports Editors

Kyle Gramm from Naples, FL and Brian Kiessling from Mt. Pleasant, NC are the first class of graduating seniors from the male swim team who swam all four years since the beginning of the swim program.

Gramm is a middle grades education teacher planning to teach and coach youth while Kiessling aspires to enroll in either law school or an MBA program after graduating.

From their athletic experience at Leo, Gramm will remember his first place finish while Kiessling enjoyed swimming against FAMU and winning his events. Their training trip to Key West freshman year is a favorite memory, and both are looking forward to retiring from their swimming career.

The Lions' Pride congratulates both of you and wishes the best of luck with the rest of your senior year!